Winnipeg metro

MONDAY, OCTOBER 3, 2016

Say hello to peggo

peggo is the new electronic fare collection system from Winnipeg Transit. Using a peggo card is easy! Simply tap and hold the card directly on the peggo card reader on the farebox, wait for the beep and go. With peggo, you can purchase fares and check your card balance online for added convenience!

What is a peggo card?

Your plastic peggo card has an embedded electronic chip in which you store transit value including:

- **e-pass** - replaces paper passes and are valid for an unlimited number of trips during a set number of consecutive days.
- **e-cash** - replaces paper tickets. Riders can load e-cash onto their peggo cards, which deducts e-cash fares from the card when it is tapped on the farebox.
- **Transfer** - when paying with e-cash, a 75-minute transfer is automatically loaded onto the peggo card so paper transfers are no longer required.

Winnipeg Transit will continue to accept paper passes and tickets while customers transition to the new fare system. Cash fare will be accepted on all buses.

How much does a peggo card cost?

You can buy your re-loadable peggo card for $5.00. You must also purchase a minimum e-cash fare of $5.00 in order to validate your card. For a limited time, register your card and receive $5.00 e-cash rebate. The rebate will be applied 48 hours after the card has been used on two separate trips on two different days.

Where can I buy my peggo card?

Purchase your peggo card online at winnipegtransit.com, by calling 311, or in person at retail locations throughout the city, including 7-Eleven and Shoppers Drug Mart. For a complete list of retailers visit winnipegtransit.com or contact 311.

Winnipeg

For more information visit winnipegtransit.com or contact 311

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Winnipeg metro

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Your essential daily news | MONDAY, OCTOBER 3, 2016

High 24°C/Low 16°C Partly cloudy

We need a plan. Sexual assault on campus is a national issue

A FIVE-DAY METRO SPECIAL FOCUS metroNEWS

ISTOCK

ROSEMARY WESTWOOD

Investigating the vacuum of accountability

Canada: the country without a plan.

On every campus, in every province and territory, students — and women in particular — face sexual violence and harassment. It devastates minds and bodies and thwarts academic dreams.

And yet: No one is seeking a national solution for this national problem.

As a result, we have bad to non-existent policies and bad to non-existent data. Universities, which have an abysmal track record for responding to and preventing sexual assault, have been given autonomy to fix the problem.

It's bad for the country and dangerous for staff and students.

All week, Metro investigates this vacuum of national accountability. And we begin today, with the story of five women who pose the greatest threat yet to the status quo.

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metro NEWS
Your essential daily news

Britain will begin the process of leaving the EU by the end of March, PM Theresa May says

The practical magic of singer Basia Bulat

LIVE MUSIC

Folk artist will cast a spell at sold-out show on Tuesday

Nigel Moore
For Metro | Winnipeg

For Montreal folk singer-songwriter Basia Bulat, having one of her friends, who is also one of her own favourite singers and songwriters, produce her new album was amazing.

Which makes sense, given the fact that her friend is My Morning Jacket frontman, Jim James. They first met backstage at Austin City Limits, and became friends three years ago.

Good Advice is Bulat's fourth record, released last February.

Described as her break-up album, it resulted in her third nomination to the Polaris Music Prize short list, in 2016. (She didn't win.)

Bulat will play to a full house at the West End Cultural Centre on Tuesday. She said making Good Advice with James in Louisville, Kentucky, was great for a couple of reasons.

"Because he's my friend, he understood where I was and what kind of place I was in," she said.

"And he was able to push me further than maybe someone who doesn't know me as well could have. He knew I wanted to be pushed and he knew kind of how to do that, because he knows who I am."

"Then at the same time, he's also one of my favourite singers and one of my favourite songwriters; so when he's on the other side of the glass, that kind of energy? It was just a very inspiring thing for me. He's one of my biggest cheerleaders, for sure," said Bulat.

> **The thing I've learned is that there's magic in every single one of those kinds of places.**
> Basia Bulat

Bulat was a headliner at the Winnipeg Folk Fest last July. It was one of many different types of shows she's played in the past year, she said.

"Everything from small bars, to big festivals, to churches. I got to sing at Carnegie Hall. Like, it was crazy! It's been the craziest year and the thing I've learned is that there's magic in every single one of those kinds of places. The key is just to allow the night to reveal itself to you and to allow the people to bring whatever energy they're bringing to the show," she said.

Tuesday's show will be presented by the Winnipeg Folk Festival. Tickets are sold out.

The West End Cultural Centre is sold out for Montreal folk singer-songwriter Basia Bulat. PHOTOS BY GEORGE FOK/SUPPLIED.

WINNIPEG REALTORS

Developers oppose growth fees with ad

Stephanie Taylor
Metro | Winnipeg

Developers and members of Winnipeg's home building industry opposed to the future implementation of growth fees have taken their campaign online.

Both a website and Facebook page have been launched with the title, 'Don't Stop Growth,' to warn residents about the potential consequences city hall will face if new charges are levied onto the builders of new properties.

The website features a video explaining a counter-argument to mayor Brian Bowman's assertion that new developments do not pay for themselves and that fees are needed in order to cover the city's costs of serving new growth.

The video, which is credited to Winnipeg Realtors, says growth fees will make home prices unaffordable and will result in potential homebuyers moving outside the city to avoid the charges — a familiar argument used by some developers.

The website also encourages residents to submit an online letter to their city councillor that voices their opposition to growth fees. Sixteen various developers and home building companies are listed as the website's partners, including the Manitoba Home Builder's Association, Ladco and Terracon Development Ltd.

Back at city hall, no timeline remains as to when Coun. John Orlikow, chairman of the planning, property and development committee, will re-introduce an administrative report that asks councillors to vote on the potential introduction of growth charges.

Currently, he is conducting more consultations with councillors as to which policy areas require more thought, as well as being in talks with industry members. If the proposed growth fee prices remain unchanged, a builder of 1,800 square foot single-residential home could face an $18,300 charge.

A video credited to the Winnipeg Realtors sends the message that growth fees will hurt housing affordability. SCREENGRAB

STREET SWEEPING

City staff rake in fall cleaning funds

City staff have found money in this year's budget to clean up streets in Winnipeg that are particularly leaf-ridden.

Several months back, Coun. Cindy Gilroy (Daniel McIntyre) tasked staff with finding up to $200,000 to dedicate to a fall spot street sweeping program.

A new staff report says that program, along with the summer sweeping program, was eliminated in the 2015 operating budget in order to save $700,000.

Instead, the city does a full spring street clean-up and a regular weekly sweeping of council-approved 'image routes,' which includes some lanes downtown.

But the city says it saved $95,494 from its spring clean-up program, which could be used to preform fall spot street cleaning if so approved.

The Infrastructure Renewal and Public Works Committee will discuss the report on Tuesday. STEPHANIE TAYLOR/METRO

Is cycling grid right for the 'Peg?

INFRASTRUCTURE

Coun. Lukes wants safer biking system similar to B.C.

Braeden Jones
Metro | Winnipeg

A Winnipeg councillor who saw the lights and lanes of a complete bike network out West on a recent visit thinks one could be rolled out here if only there were the "political will."

Councillor Janice Lukes (St. Norbert) recently attended the Pro Walk/Pro Bike Conference in Vancouver. She said she was "blown away" by how easily navigable the city was by bike.

"You can do all the reading in the world, follow all of the blogs, listen to all of the people but there's nothing like experiencing it," she said of the city's bike infrastructure.

"I was biking in downtown, day and night, up and down very busy streets and felt completely safe." At home, she admits openly she's a part of a reasonably intimidated demographic of people who wish cycling felt safer, aware that disconnected lanes siphoning cyclists into traffic often feels anything but safe.

"It makes me nervous without protected bike lanes, you can only go up and down Assiniboine Avenue so many times," she said.

"Biking all over Vancouver with protected bike lanes was spectacular."

While at the conference, she also attended an information session on Calgary's successful implementation of a minimum cycling grid — a network of protected lanes installed quickly to gauge potential usage.

Edmonton city council is making moves to follow Calgary's example, and Lukes said Winnipeg could be next. "Now is the time we should be looking at doing it, looking at temporary pieces of infrastructure to try it out," she said. "We can learn from these other cities and apply it in a timely manner."

Lukes plans to host a seminar on the bike network question near the end of October.

"We are going to talk about what Calgary did, what Edmonton is doing, and where we are at with what Winnipeg can do," she said, noting the date and place are to be determined.

> **Now is the time we should be looking at doing it, looking at temporary pieces of infrastructure to try it out.**
> Councillor Janice Lukes

Depending on how that session goes, and what kind of support she has from others councillors, Lukes said there's a chance increased interest in closing the gaps in our bike network could be reflected in this year's budget deliberations.

Bike Winnipeg Executive Director Mark Cohoe said he hopes that's the case.

"We are falling behind, we're in a position in this city where we can lead if we want to — we are flat, sunny, perfect for biking — but we have to have that political will and it has to be backed up with funding," Cohoe said.

BY THE NUMBERS

60%
Cycling city-wide (since 2009).

6,200
Commute downtown by bicycle (2012).

A cyclist makes his way across the Disraeli bridge in Winnipeg. LYLE STAFFORD/METRO

MAPPED | Protected Bike Lanes in Winnipeg

Where protected bike lanes could go

1. The Forks
2. Central Park
3. Old Market Square
4. Manitoba Legislature
5. Memorial Park
6. Millennium Library
7. Canadian Museum for Human Rights
8. University of Winnipeg
9. Red River College Princess Street campus

Proposed protected bicycle lanes

Existing protected bicycle lanes

Sexual Assault on Campus: A Metro Special Focus

From left: Paniz Khosroshahy of McGill University in Montreal, Ellie Ade Kur of the University of Toronto, Glynnis Kirchmeier, alumna of UBC, Tarrah McPherson of Mount St. Vincent University in Halifax and Mandi Gray of York University in Toronto. CALVIN SIT/FOR METRO, EDUARDO LIMA/METRO, DAVID RYDER/FOR METRO, JEFF HARPER/METRO

You don't know these women, but you should. They're members of the most important and organized national effort to fight campus sexual assault. Metro's Rosemary Westwood tells their stories.

The improbable five

Rosemary Westwood
Metro | Toronto

To the casual eye, there was nothing intimidating about them.

The five women, dressed for a midsummer heat wave in tank tops, dresses and short shorts, sat behind fold-out tables and passed around a single mike on a too-short cord.

It could have been any panel discussion, on any topic, on any campus across the country. The room at Ryerson University in Toronto bland and grey. The women, for the most part, were novice public speakers.

But the room was nonetheless gripped. And so, too, should be every university president in Canada.

These five women drawn from across the country, this somewhat unwilling motley crew of survivors and witnesses shut out from justice, this ragtag power group thrust together by rape and assault in a space they thought would be safe.

These are the five unlikely women taking on a $40-billion university sector and demanding an end to the ineffective and alienating treatment of sexual-assault victims on campuses — the women who actually stand a chance of winning.

The most nationally known might be Mandi Gray, 28, a PhD student in sociology at York University in Toronto, whose rapist was recently sentenced to 18 months in jail (a conviction he's appealed). She spoke first, in a blend of shy body language and blunt words.

Then there's Paniz Khosroshahy, 20, a swift, staccato-talking third-year women's-studies major at McGill University in Montreal, prone to long tangents.

The poised and eloquent Ellie Ade Kur, 24, a PhD student in geography at the University of Toronto, preferred to stand up and pace, commanding the room like a Ted Talk regular.

There was Glynnis Kirchmeier, 28, a sharp, pragmatic alumna of the University of British Columbia, now skilled at navigating university bureaucracy.

And finally, Tarrah McPherson, 38, a former student at Mount Saint Vincent University in Halifax, a mother of two and the most reluctant public figure of the five.

They had organized this event themselves, in early August, calling it "What are Canadian Universities Actually Doing about Sexual Assault?: A nation-wide panel discussion."

About 50 people, mostly women in their early 20s, filled a few rows of plastic chairs. It was the culmination of a week-long make-shift conference, where the women and some of their lawyers shared stories, traded legal tactics and began plans for a new, national hub of activism.

The panellists had been drawn to one another over the past few years as their stories hit the news: four women who complained to their school of sexual assault and found their schools wanting; and one woman who witnessed sexual harassment and became an outspoken activist against her school's response. Like a growing number of women across the country, they each chose to go public with their experiences.

But then they went even further.

Some started anti-sexual-assault organizations on their campuses. Some filed freedom-of-information requests on their schools' largely curtained bureaucratic processes.

And, most significantly, three women have filed human-rights complaints against their schools that could change the legal landscape for sexual assault in the country.

Previous known human-rights complaints dealing with campus sexual assault and harassment have argued that the assaults themselves were infringements on human rights.

> **We're drawing linkages between these cases to demonstrate ... there needs to be oversight.**
> Mandi Gray

But McPherson, Kirchmeier and Gray are each alleging that their schools directly discriminate against women through their sexual-assault practices, policies and protocols — that the very systems supposedly designed to support victims are violating victims' human rights.

It's a unique legal tactic with no known precursor. And if any one of them is successful, it could set a new high bar for how universities handle sexual assault.

But the complaints represent an even more direct threat to the status quo. They set out clear templates that women and assault victims could copy, at any university, in any province or territory. Their three cases could be just the beginning.

* * *

Gray's case was the first, filed with the Ontario Human Rights Tribunal in June of 2015. It was the culmination of what she described as a "very long battle" with York University after she was raped by a fellow PhD student that January.

"I just wanted to return to campus without having to run into him," Gray told me. But that proved challenging. Gray's complaint alleges, among other things, a failure of school policies, a lack of any centralized place to report and get information, a lack of adequately trained staff and a requirement to enter a school-administered tribunal process without her consent.

In essence, she says, the school discriminates against women — overwhelmingly the main targets of sexual violence — in its approach to redressing sexual-assault complaints.

In response, York has defended its support for sexual-assault survivors, including counselling, emergency financial support and housing. It's also

IN-DEPTH | HUMAN-RIGHTS COMPLAINTS

Three of the five women in this story have made human-rights complaints central to their advocacy.

What are they?
By law, every Canadian has the right to personal security and freedom from discrimination. Anyone who believes their rights have been violated — by their employer, say, or school — can complain to a federal or provincial agency.

How do they work?
If the agency accepts the complaint, there may be attempted mediation or early settlement. If unsuccessful, the matter moves to a court-like tribunal.

What do they accomplish?
Tribunals can set penalties and monetary damages. The decisions also serve as precedents.

Join The Fight

Canada needs a national plan for campus sexual assault. Tell your story and pressure your MP using **#safercampusnow**

Day 1: The power of five

in the midst of developing a distinct sexual-assault policy to comply with Ontario's new Bill 132.

But Joanna Birenbaum, Gray's lawyer, told Metro that her client's human-rights complaint demands much more from schools' sexual-assault policies than the new legislation requires.

"Women bear the brunt of this policy failure, sometimes at the cost of their education and careers," Birenbaum said.

* * *

Meanwhile, in Halifax, Tarrah McPherson had been facing similar institutional challenges at Mount Saint Vincent University, after claiming sexual harassment by a professor. She alleges the school dissuaded her from filing a formal complaint, that support and advice was delayed, and the school did little to help her as she struggled academically. MSVU didn't have a separate sexual-assault policy at the time of her complaint; it has since created one.

"I didn't even know (a human-rights complaint) was an option for me," she said, until she did some research. In looking for precedents, she discovered Gray's case. Months later, in October 2015, McPherson's complaint was accepted by the Nova Scotia Human Rights Commission. Part of her claim asks for the school to improve its sexual-assault policies.

* * *

When Glynnis Kirchmeier, the UBC alumna, heard about Gray's case, it gave her a few ideas. Unlike Gray, she had not experienced sexual violence. But she had played a critical and visible role in excoriating UBC for sexual-assault policies that impacted her fellow students. She filed a freedom-of-information request first, looking for details on UBC's policies and privacy rules. It was a strategic move: "I wanted to get them before they knew how serious of an enemy I was," she said.

Then she hired Clea Parfitt, a lawyer with experience litigating against universities. Together, they wrote the complaint as a kind of road map, a detailed account of all the support and process that both lawyer and client believe a campus should have so as not to discriminate against women. Kirchmeier's complaint — filed in March 2016 to the B.C. Human Rights Tribunal — is also different in its third-party status. Sexual-assault survivors will testify as witnesses, if necessary, but the mere fact of the complaint means it's possible for anyone in B.C. to challenge a university's sexual-assault protocols, whether or not they've used them.

> **"I wanted to get them before they knew how serious of an enemy I was.**
> Glynnis Kirchmeier

* * *

For all three complaints, this fall will be pivotal.

On Oct. 24, Kirchmeier's case will enter mediation in B.C., where lawyers, UBC administrators and Kirchmeier will sit down to figure out if a deal can be struck, without further litigation. (UBC wouldn't comment on specifics, beyond its participation in the process.) If that fails, the next step is to schedule a hearing.

Sometime in November, Gray's case is expected to enter a similar process.

Nova Scotia's Human Rights Commission is investigating McPherson's case, and the decision about whether to move it forward to a board of inquiry is expected in the coming months. (Mount Saint Vincent University did not comment on the case, but will "comply fully with any investigative process.")

But the larger political project, as Gray describes it, lies in this new national network the women are forming: "We're drawing the linkages between these cases to demonstrate this is, in fact, a systemic-level issue, and there needs to be some kind of oversight, an external body to hold these universities accountable."

When Paniz Khosroshahy was raped by a fellow McGill University student in Sept. 2014, she felt the lack of just such a group.

"I had no idea what was going on in other schools, because there's no centralized group that's sharing all this information," she said. "That's one of the problems we want to hopefully address, getting more funding and making it more visible and centralized and sharing what's happening." She envisions a website that shares stories and educates students on the laws in their provinces.

For Ellie Ade Kur, who was sexually assaulted while an undergraduate at the University of Toronto, this kind of grassroots community organizing holds the best hope — far more than any revised policies or legislation — of giving sexual-assault survivors the support they need.

And, if necessary, the legal tactics.

Already, other women connected to the group are considering human-rights cases of their own.

At that first national meeting, that hot summer evening, few of the women had kind words to say about consent education, the posters and buttons and campaigns that swept across university campuses last month.

Gray has dubbed it "the fetishization of consent education," an easy PR tactic that is far less expensive and time consuming than creating a comprehensive response to sexual assault.

"My attacker knew what consent was," Gray said, as the panel was winding down.

"I don't need a hashtag," Ade Kur said. "I need help."

About the series

Monday
The power of five
The most organized and important Canada-wide effort to combat campus sexual assault comes not from the RCMP or Justice Department but from an unlikely crew of five normal young women from across the country.

Tuesday
A federal vacuum
The problem is national, but solutions have been regional and parochial.

Wednesday
The U.S. example
The U.S.'s federal anti-discrimination laws and directives from the White House combine to create more rigorous requirements for American post-secondary schools to protect students.

Thursday
Dearth of data
There is no national database on campus sexual violence. We don't know how big the problem is because no one is incentivized to find out.

Friday
The way ahead
We have a problem; we need a plan.

The plan

Mandi, Tarrah, Glynnis, Ellie and Paniz have only met once face-to-face. But from separate parts of the country, they're co-ordinating a national movement.

1. Going public. All five are putting their names and reputations on the line, speaking to media to grow awareness.

2. Telling their stories. Khosroshahy has written columns about her assault. Gray blogs and is making a documentary.

3. FOIA requests. Using access-to-information laws, the women have requested their policies and correspondence.

4. National organization. They envision an online portal with legal info, survivor resources and advocacy.

5. Human-rights claims. By alleging school policies infringe rights on the basis of gender, and by demanding remedies, the women provide a road map to advocates.

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New threat on the streets

HEALTH

Officials fear dangerous W-18 drug may take fentanyl's place

W-18 was designed as a non-addictive painkiller. It was never developed for public use, yet someone is manufacturing it. CONTRIBUTED

As Canada struggles with a deadly epidemic linked to the powerful painkiller fentanyl, a new and potentially more lethal threat is already emerging.

Invented in a University of Alberta laboratory in 1981, the drug known as W-18 was designed as a non-addictive painkiller. It was patented but never developed by pharmaceutical companies for public use, yet someone is manufacturing it.

When the drug was patented, testing on mice showed it was 10,000 times more powerful than morphine, according to Health Canada.

"This suggests a potentially severe risk for harm to individuals," the agency warned this summer in passing regulations that will soon make W-18 a Schedule 1 drug under the Controlled Drug and Substances Act, along with the likes of heroin and cocaine.

Health Canada noted there was "limited scientific information" available about the drug though more testing is underway.

Despite the risks, W-18 is showing up with more frequency in police drug hauls, according to Health Canada figures.

In 2015, there were just three drug seizures by Canadian police that tested positive for W-18 at Health Canada laboratories.

So far in 2016 there have been more than 30 positive tests — for an average of more than three times a month, according to Health Canada. Fifteen cases occurred in British Columbia and 14 in Alberta.

But the drug has also started showing up in Ontario, where W-18 has been detected on two occasions so far this year. Both cases involved drug seizures made by the Greater Sudbury Police.

One resulted in three men — from Sudbury, Toronto and Manitoulin Island — being arrested May 12, according to a spokesperson for the force.

The emergence of W-18 and other obscure synthetic drugs is due to the squeeze by law enforcement on more prominent or easily accessible drugs, police say.

An RCMP intelligence report published this month attributed the rise in fentanyl use, and the record number of deaths and overdoses, to the removal of the painkiller OxyContin from the market in 2012.

As law enforcement now clamps down on fentanyl production, W-18 is considered to be "at the high end of the threat spectrum" to take its place, the report said.

British Columbia has declared a health emergency over the fentanyl crisis, and there is pressure to do the same in Alberta. The Quebec government has been asked to better control prescriptions of opioid painkillers for fear of being swept up in the deadly drug wave.

This summer, Ontario became the first province to stop paying for high doses of morphine and fentanyl in a bid to prevent addiction and overdoses. But the Ontario Association of Chiefs of Police warned a few weeks ago that the province is already facing a "chronic opioid crisis."

TORSTAR NEWS SERVICE

Indigenous court first for Canada

The Mohawk band council of Akwesasne has introduced what is considered the first indigenous legal system in Canada outside a federal framework.

While First Nations band councils have been passing and enforcing legislation on reserves across the country for decades, those bylaws are either tied to the Indian Act or within a self-governance agreement with the federal government. What's special about the new court law passed by the council of Akwesasne is that it was drafted by the community.

"It's a historical moment. It's the first in Canada," said Joyce King, director of justice in Akwesasne.

Justices and prosecutors must enforce 32 laws that cover civil matters including tobacco regulations, sanitation, elections, property and wildlife conservation. Criminal matters are still settled outside the territory, in federal or provincial courts.

Akwesasne's council decided to mix aspects of Canada's justice system with Mohawk values, such as considering the talents of the offending party and using them to benefit the community.

THE CANADIAN PRESS

Syrian volunteers carry an injured person on a stretcher following Syrian government forces airstrikes on the rebel held neighbourhood of Heluk in Aleppo, on September 30. AFP/GETTY IMAGES

SYRIA

Military calls on Aleppo rebels to surrender

Syrian rebels and pro-government forces clashed Sunday on several fronts around Aleppo as the country's military command called on militants to lay down their weapons and evacuate the contested city.

A day after pro-government forces captured the strategic al-Shuqeef hill north of the city, the Britain-based Syrian Observatory for Human Rights monitoring group reported fierce fighting in areas near the hill and in the Bustan al-Basha neighbourhood.

The two sides also clashed in Aleppo's southern Sheikh Saeed neighbourhood.

The government's attempt to penetrate Aleppo's opposition-held eastern side has been accompanied by a relentless campaign of airstrikes by Russian and Syrian warplanes.

President Bashar Assad's forces are depending on the Russia bombardment and Iran-backed militias for support.

A spokesman for the Nour el-Din el-Zinki rebel faction told The Associated Press that foreign fighters were actively participating in the government's ground campaign. He said rebels could identify Lebanese and Iraqi militias by their flags.

An airstrike, meanwhile, targeted a rebel headquarter near the central city of Hama, killing at least six militants, the Observatory said.

The UN's humanitarian chief, Stephen O'Brien, reported that eastern Aleppo's health system has been "all but obliterated" by shelling and bombardment.

"Medical facilities are being hit one by one," O'Brien said in a statement that called for a 48-hour humanitarian pause to the fighting each week. The UN estimates 275,000 people are trapped by the government siege.

The UN says at least 320 civilians have been killed since the government announced its offensive Sept. 22.

In a statement, EU foreign policy chief Frederica Mogherini urged international players to unite to make the aid effort work "for the sake of humanity and the political future of Syria."

THE ASSOCIATED PRESS

EGYPT

Lawmaker's call for virginity tests draws ire

A women's rights group has filed a legal complaint against an Egyptian lawmaker who called for mandatory virginity tests for women seeking university admission, the Al-Masry Al-Youm newspaper reported Sunday.

It quoted Maya Morsi, head of the state-sanctioned National Council for Women, as saying the complaint demands the expulsion from parliament of Ilhami Agena and a criminal investigation into his actions. She said the lawmaker was harming the reputation of Egyptian women, men and the country itself.

Agena said in an interview last week that virginity tests were needed to combat the proliferation of informal marriages, known as "gawaz orfy," between students. Virtually expense free, such marriages have become more popular in recent years because of high youth unemployment and a shortage of affordable housing.

The gawaz orfy is widely viewed as a religiously sanctioned way of having premarital sex, a taboo in mostly conservative and majority Muslim Egypt. Muslim clerics have spoken out against such marriages.

The military was alleged to have conducted virginity tests on women arrested after troops violently broke up a protest in Cairo's Tahrir Square in March 2011, shortly after longtime President Hosni Mubarak resigned. Three months later, Amnesty International said Egypt's then-military rulers acknowledged carrying out the tests to protect the army from rape allegations. THE ASSOCIATED PRESS

COLOMBIA

President 'won't give up' on peace after referendum

Voters rejected a peace deal with leftist rebels by a razor-thin margin in a national referendum Sunday, delivering a major setback to President Juan Manuel Santos, who vowed to keep a ceasefire in place and not give up his campaign to end a half-century of war.

"I won't give up. I'll continue search for peace until the last moment of my mandate," Santos said in a televised address recognizing his defeat.

THE ASSOCIATED PRESS

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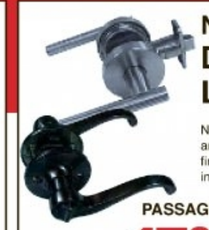

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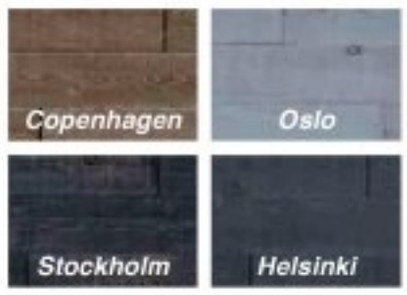

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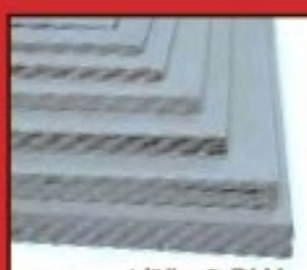

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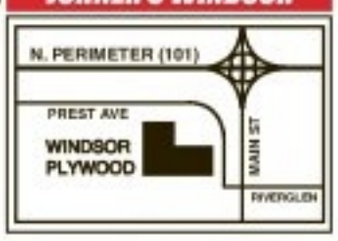

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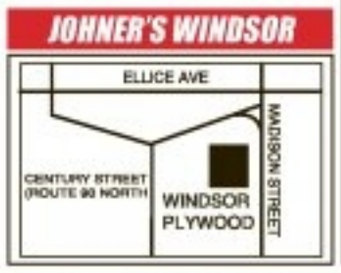

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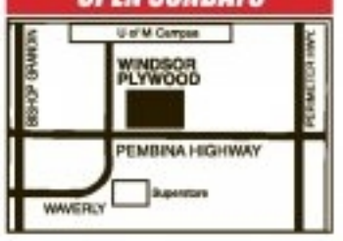

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Clinton addresses gun issues

U.S. POLITICS

Presidential hopeful's focus on protecting America's kids

Hillary Clinton said Sunday that the spate of gun violence in the United States should call the nation to do more to protect "all of God's children."

Clinton addressed congregants at Little Rock AME Zion Church in Charlotte, N.C., fewer than two weeks after the shooting death of Keith Lamont Scott touched off two nights of violent protests in the city's downtown.

"Protecting all of God's children is America's calling," the Democratic presidential nominee said. Clinton said too many black families have been forced to deal with the same tragedy as Scott's family.

"Our entire country should take a moment to really look at what's going on here and across America, to imagine what we see on the news and what we hear about, imagine it through our children's eyes," she said.

Clinton had planned to visit the city last week but delayed the trip after city officials said their resources were stretched thin. North Carolina is among the nation's top battleground states and Clinton's campaign has invested heavily in the state won by Republican Mitt Romney in the 2012 election.

Clinton did not mention Republican Donald Trump by name but referenced her opponent's calls for "law-and-order" during the campaign. "There are some out there who see this as a moment to fan the flames of resentment and division. Who want to exploit people's fears even though it means tearing our nation even further apart," Clinton said. "They say that all of our problems would be solved simply by more law and order. As if the systemic racism plaguing our country doesn't exist."

The former secretary of state has made gun control and criminal justice reform a centerpiece of her campaign, speaking after high-profile shootings in Texas, Louisiana and South Carolina. She pointed to the shootings of police officers in Dallas; Baton Rouge, Louisiana; and Philadelphia; and said their families deserved prayers.

"It's been a hard year, hasn't it?" Clinton asked, as people in the congregation answered "Yes."

"Think about how many times President Obama has had to console our nation about another senseless tragedy, another shattered family, another distressed community and our children are watching and they feel it, too."

During the services, Clinton invited nine-year-old Zianna Oliphant to join her at the pulpit, recalling the black child's tearful address to the city council on race relations. Clinton acknowledged the gap in how white and black children are treated. She said that while she worries about her two grandchildren, her worries "are not the same as black grandmothers" noting her daughter's children are related to a former president and secretary of state. THE ASSOCIATED PRESS

Democratic presidential candidate Hillary Clinton listens to the sermon after speaking at Little Rock AME Zion church in uptown Sunday, a week after protests following the police shooting of Keith Lamont Scott. DIEDRA LAIRD/CHARLOTTE OBSERVER VIA THE ASSOCIATED PRESS

> **There are some out there who see this as a moment to fan the flames of resentment and division.**
> Hillary Clinton on Trump

CARIBBEAN

Hurricane closes in on Haiti

A powerful Hurricane Matthew moved slowly Sunday across the Caribbean Sea on a track that authorities warned could trigger devastation in parts of Haiti.

The storm had winds of 230 km/h as it moved northwest and the centre was expected to pass across or very close to the southwestern tip of Haiti late Monday before reaching Cuba, according to the U.S. National Hurricane Center in Miami. A hurricane warning was in effect for Jamaica, Cuba and Haiti. Forecasters said the southern Haitian countryside around Les Cayes could see the worst of it.

"Wherever that centre passes close to would see the worst winds and that's what's projected to happen for the western tip of Haiti," said John Cangilosi, a hurricane specialist at the centre. Matthew is one of the most powerful Atlantic hurricanes in recent history and briefly reached the top classification, Category 5, becoming the strongest hurricane here since Felix in 2007.

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metro VIEWS
Your essential daily news
Monday, October 3, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

How do I make my married friend stop asking me whether I'm seeing anyone?

Dear Ellen,

I was out with a friend who is married. I really like her, and even though we only see each other a few times a year, we always have lots to talk about, except that she always asks if I'm seeing anyone, which makes me feel bad. I feel like she is judging me, or like I'm disappointing her. But I'm afraid to say anything in case I sound defensive. How do I politely get her to stop asking me this question all the time?

Signed,
Single Lady

Dear Single,

A good marriage is a blessing. Who wouldn't want to go through life shoulder to shoulder with a trusted ally whose love and support heightens every joy and softens every blow? Many single people desperately yearn to have this someday. As do many married people.

I'm always suspicious when marrieds persistently check up on everyone else's relationship status — the phrase "misery loves company" springs to mind. In my experience, people who are happily married don't care whether anyone else is or not. They don't need to constantly monitor your progress, or lack thereof, toward coupledom in order to feel better about their own coupled-unto-death existence.

Whatever their motivation, you have every right to feel affronted, because it's rude. Even in the olden days, when marriage was mindlessly accepted as the only acceptable outcome, asking whether you're paired with anyone would have been inappropriate. Nowadays, with marriage reduced to a half-normal proposition, it's even more presumptuous and inappropriate.

You have every right to feel affronted, because it's rude.

Some people ask out of crass ignorance. They don't realize that wanting to know if you're "seeing someone" is basically asking, "Ya gettin' any?" One way to handle this is to answer, "No, not at the moment, but since we're on the subject, what about you? Are you and your partner having sex these days? I hear a lot of married people get bored with their sex lives, and I guess having children really kills it." If they take offence at this, simply tell them: "Gosh, I'm so sorry, but I'm only asking because I care about you and I want you to be as happy as I am with my insanely good, unmarried sex life!"

Worse than crass, but more to be pitied, are the unhappily married people who ask out of a subconscious need to be validated. These are the people who go though life doubting their own choices, while fearing and despising anyone who makes different choices (and being single is just as much a choice as getting or staying married; anyone with a pulse and Internet access can be in a relationship if they really want to be).

In other words, if you feel your friend is "judging" you, or that your single state is "disappointing" her, you're probably right. Chances are, she needs everyone to be — or at least want to be — married like her. You could broach it with her if you want a deeper, more honest relationship. Otherwise, let her have it. For her, pretending it's better, or luckier, or smarter to be married, and being able to lord it over poor pathetic unmarried you, might be the only thing keeping her warm at night.

Need advice?
Email Ellen:
scene@metronews.ca

Sunny ways carry a whiff of Harper days

Thomas Walkom

When Justin Trudeau's Liberals won last year's election, many Canadians were ecstatic.

Compared to outgoing PM Stephen Harper, Trudeau seemed — to these voters at least — a breath of fresh air.

The working assumption was that things would be done differently in Ottawa. As it turned out, some things were very different.

The new Liberal government negotiated a deal with the provinces to expand the Canada Pension Plan, something the Harper Conservatives were dead-set against. It also replaced Harper's universal baby bonus with one targeted to income.

It established the inquiry into murdered and missing indigenous women that Harper refused to set up. It reduced the eligibility age for full old-age security back down to 65.

But in key areas, Harperism remains.

The country got a taste of that last week when Ottawa approved a liquefied natural gas plant on British Columbia's Pacific coast, as well as a pipeline to that plant.

It was the same decision Harper would have made. And it angered the same critics.

Environmentalists pointed to the massive increase in carbon emissions that will result from the decision. Some First Nations said it will destroy the local fish habitat.

Like Harper, the new prime minister is willing to sacrifice environmental and aboriginal concerns to get things done.

Like Harper, they have relied on the provinces to curb climate change. Unlike Harper, they are talking of setting a national carbon price. But they have given no hint as to whether this national price will reduce emissions sufficiently to allow them to meet their targets.

In fact, unless any new national carbon price is higher than those already in use by Ontario, Quebec, Alberta and B.C., it won't suffice.

On terrorism and national security, the new government is resolutely Harperesque.

The Liberals promised to roll back elements of Bill C-51, Harper's addition to anti-terror laws. But so far they have done no such thing.

In fact, as Canada's privacy commissioner has noted, under the Liberals, security services are using some of the new powers apace.

Militarily, the Trudeau government kept its promise to remove Canada's fighter planes from the war in Iraq. But it compensated by tripling the number of Canadian military advisers who are on the ground in that war.

The means may differ from those employed by Harper. But the aim is unchanged.

On it goes.

The economy? Harper preached pipelines, free trade deals and foreign investment. So does Trudeau. The two have differed, though, on which pipelines to back.

They may have disagreed on when to run deficits, but both were willing to put government finances in the red in order to boost economic growth.

None of this is to suggest that Trudeau's Liberal government is identical to that of Conservative Harper. It is not.

But there is a remarkable continuity.

Thomas Walkom is a national columnist for the Toronto Star.

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Monday, October 3, 2016

New York Review of Books has published a piece that claims to reveal the identity of Elena Ferrante, prompting outrage on Twitter. "Surprised at how angry I feel about @NYBooks' unmasking of Elena Ferrante. Esp its 'justification' that her success made it 'inevitable,' tweeted author Jojo Moyes

A double scoop of social justice

INTERVIEW

Jerry Greenfield on the reasons Ben & Jerry's gets political

Liz Brown
Metro | Canada

Jerry Greenfield is well aware of the power of a scoop of ice cream.

After greeting me with a giant bear hug, the co-founder of Ben & Jerry's sets about scooping up free cups of his chocolate chip cookie dough flavour for a crowd of students before settling down to discuss the real reason he's in Toronto: climate change.

Greenfield was participating in a forum last week as part of the Enactus World Cup — an event that brought students and business leaders from around the globe together to talk about how entrepreneurship can fuel social change.

It was a crafty move to offer free treats to hungry conference attendees, perhaps even an attempt to sweeten up the people who may ask hard questions.

Indeed, after indulging, I feel a bit hypocritical pointing out his company's own carbon footprint — but I forge ahead, because nearly 15 per cent of the world's global greenhouse gases come from livestock (and the dairy cattle that produce his brand's ice cream). It's a point that needs to be addressed.

"It's interesting, when we did our analysis, we found that 42 per cent of our (CO2) impact is through dairy," he concedes.

But Ben & Jerry's has been leading the way with new technology in an effort to slash their greenhouse emissions by 80 per cent by 2020. This includes purchasing 100 per cent of its electricity from renewable sources for all its U.S. sites and using a machine nicknamed the Chunkinator at its factory in the Netherlands, which transforms ice cream byproducts into energy.

"We're not on track," admits Ben & Jerry's PR director Sean Greenwood, when asked how close they are to meeting that 2020 goal. "But that's the exciting part of it, there are renewable energy technologies being developed every day that are going to help us meet that goal."

Upon cursory examination, this all seems like another corporate feel-good mission, except it's coming from Greenfield — a guy who earlier this year was arrested for 'unlawful demonstration activities' at the U.S. Capitol, along with his sidekick Ben Cohen.

In April, they joined 300 other protesters as part of the Democracy Awakening movement to protect voting rights, reduce corporate influence on politics and ask for action on climate change, and workers' rights.

"There's not enough social justice in this world," says Greenfield when asked why he's been so vocal about so many issues.

For him, climate change is the greatest social issue of all because of the impact it has on the world's poorest nations, who depend more heavily on weather conditions for their livelihoods and successful agriculture.

"We strongly felt at Ben & Jerry's that if we were going to be involved in making this product that has such a heavy impact, we need to do whatever we can to minimize those impacts," he says.

Ben & Jerry's, which started and has its headquarters in Vermont, has always had an activist streak. In the 1980s they took a position on U.S. military spending, pushing the government to take money out of the Pentagon budget and use it for more 'human' needs like education and health care.

More recently, both Ben & Jerry were vocal in their support of Bernie Sanders' run for the Democratic nomination, with Ben even coming up with a special flavour — Bernie's Yearning — a 99 per cent vanilla flavour with a one per cent hard chocolate top.

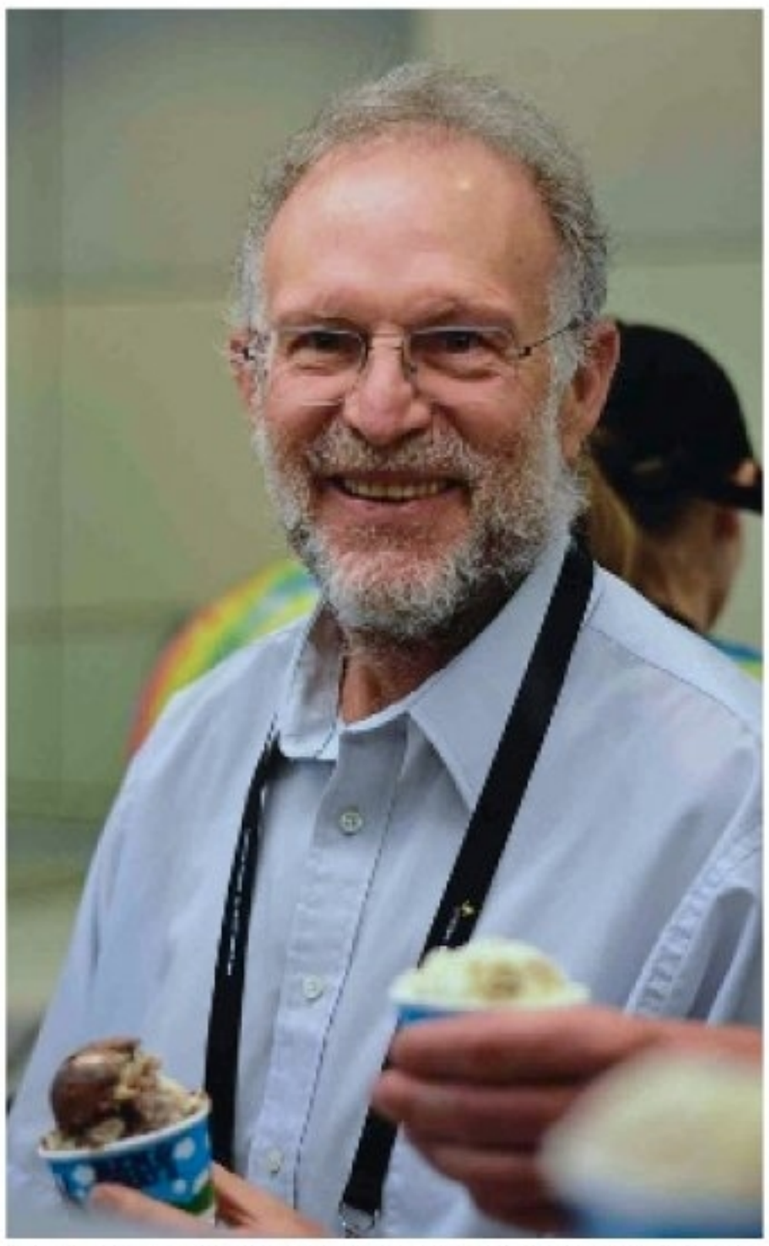
"It was NOT a Ben & Jerry's flavour," clarifies Greenfield. "But it was part of the Ben's Best Line of Flavours, which contains only one flavour. This one."

When asked if the pair would ever consider making a custom flavour for Hillary Clinton or Donald Trump, Greenfield shakes his head. "Don't hold your breath."

But back on the topic of being an activist businessman: "What ice cream really helps with is that it's allowed Ben & Jerry's to talk about pretty serious, divisive issues, but to do it in a way that is lighthearted, and over sharing ice cream together."

"It opens up people's hearts to be eating ice cream. Particularly if it's free," he says, laughing.

And once he has the people sweetened up — "they'll be willing to consider social justice."



Jerry Greenfield scoops ice cream for attendees at the Enactus World Cup in Toronto last week. LIZ BROWN/METRO

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The secret shame of the middle class

PERSONAL FINANCE

Most people don't talk about their money stress

Writer Neal Gabler broke the don't-talk-about-money taboo this spring with an Atlantic article, The Secret Shame of Middle-Class Americans. Now he wants everyone to start talking.

"The idea of not being successful financially in America is such a stigma," says Gabler, who revealed in the article that he was among the millions of adults who didn't have savings to cover a $400 emergency. "That's the reason people don't talk about it, because they take their failure personally."

Yet financial stress is epidemic. Nearly three-quarters of U.S. adults admitted feeling stressed about money, and 22 per cent reported extreme stress in a 2015 study commissioned by the American Psychological Association, "Stress in America: Paying With Our Health".

Other studies have shown that financial stress can be lethal: Money worries have been linked to higher mortality rates among cancer patients and those with heart disease.

A study for the Australian government found prolonged financial stress was a strong predictor of subsequent obesity. Obesity is associated with higher death rates. In fact, one study published in the American Journal of Public Health found that obese adults were 20 per cent more likely to die during the 14-year study period than normal-weight adults.

Adding insult to injury, financial stress also seems to make people look older, according to a study published in Research on Aging.

Despite its pervasiveness, most people don't disclose the financial pressures they face. In a study commissioned by Umpqua Bank, 77 per cent of respondents said they didn't talk about their money stress, often because they were embarrassed or ashamed or thought no one would understand.

"Yet, of that 23 per cent of folks who did talk about it, 70 per cent of them felt better after doing so," says Eve Callahan, Umpqua's executive vice-president of corporate communications. "They felt less stressed out, they felt like they had more, a better ability to make financial decisions and live their lives in a way that would be healthy for them."

Millions of adults don't have savings to cover a $400 emergency, but they don't talk about it because they are embarrassed or ashamed, according a new bok by Neal Gabler. ISTOCK

The survey prompted the bank to launch a podcast series, "Open Account with SuChin Pak," to explore personal stories about money, including Gabler's. The bank also set up a website, MadeToGrow.com, to offer people resources for starting their own conversations.

The idea that talking can help with stress isn't new. Research by James W. Pennebaker of the University of Texas at Austin and others found that talking or writing about traumatic events can alleviate distress, improve immune function and lead to better health.

Gabler, for one, is glad he opened up.

"I'm an extremely private person. I never write about myself," Gabler says.

"I broke my own taboo because I thought there are other people out there who are in a similar predicament and it would help them to know that they are not alone."

Gabler wrote that despite outward appearances of success, he had juggled creditors, had his bank account levied and been down to his last $5 while waiting for a paycheque to arrive.

Even a small amount of savings can help people weather shocks. A study by the Urban Institute found that savings in the $250 to $749 (U.S.) range were enough to dramatically lower the chances a low-income family would be evicted or suffer other serious hardships after an income drop.

The researchers estimated middle-income families need at least $2,000 and higher-income families $5,000, but a starter emergency fund of $400 or $500 can cover many minor emergencies and enhance financial stability.

THE ASSOCIATED PRESS

YOU CAN DO THIS HVAC/R INSTALLATION

A career that's hot and cold

WHY I LIKE MY JOB

Matthew Isaacs, 25, HVAC/R and Building Maintenance Assistant at OCAD University in Toronto, Ont.

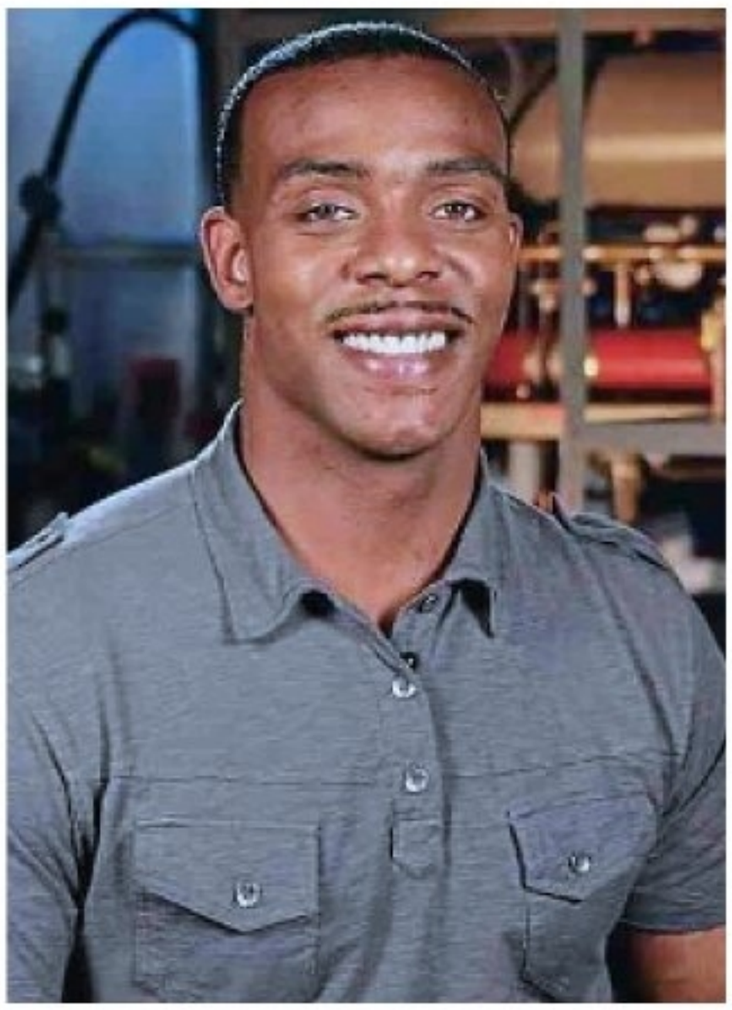
I was introduced to the business of heating, ventilation, air conditioning and refrigeration (HVAC/R) through a few friends who spoke highly of their experience in the industry.

Based on their recommendations and my desire to work in a challenging and technical field, I decided to enrol in Humber College's three-year HVAC/R technology program. There, I gained valuable knowledge of engineering practices, oil codes, piping systems and computer-aided design.

Following graduation, I had the opportunity to apprentice with a company that specialized in residential air conditioner installations and duct cleaning. I've since transitioned to a role with OCAD University, where I am responsible for the general maintenance of various energy systems on campus.

I've always enjoyed piecing parts together to create a working product, which made HVAC/R a fitting career choice.

I've been fortunate to work under the guidance of several experts who have helped improve my knowledge of evolving technologies, and I'm very excited for the opportunities that lay ahead.



THE BASICS: HVAC/R Installer & Technician

$52,500

Median annual salary for an experienced technician.
$52,500

+15%

Projected rate of job growth over the next eight years.

Data for this feature was provided by payscale.com, trade-schools.net, servicecanada.gc.ca and onetonline.org

HOW TO START

The mechanical and electrical principles involved in setting up, maintaining and repairing HVAC/R systems are commonly taught in trade schools or technical colleges. Lasting an average of four semesters, HVAC/R programs provide students with a foundation of knowledge and skills to confidently design and retrofit building systems, including water and fuel supply lines, vents, pumps and air ducts. Graduates will be eligible for a head start on an apprenticeship, involving up to 7,800 hours of paid, on-the-job training before becoming a licensed journeyperson.

WHERE YOU CAN GO

There will always be a demand for heating systems, air conditioners and the experts who install them. Most trained technicians find employment with construction firms, manufacturing plants and retail service outlets specializing in equipment repairs. Opportunities also exist in government buildings — making public safety a top priority.

NEXT CAREER STEP

Those seeking career advancement may opt for a role in equipment sales or consider employment in the gas heating industry by obtaining the provincially-regulated gas fitter certification. Keeping current on industry technology will also prove beneficial, since many modern buildings are upgrading to complex, automated HVAC/R systems.

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metro SPORTS

The Philadelphia 76ers gave no timetable for the return of No. 1 pick Ben Simmons who will likely need surgery for a broken bone in his right foot

Jays' wild ride continues

MLB

Toronto clinches berth in one-game playoff with O's

Aaron Sanchez said he didn't know — and didn't care — that the Blue Jays had already clinched a spot in baseball's post-season.

Toronto still had a chance to host the AL wild-card game, and Sanchez wanted the win.

"I wasn't ready to go home," he said after the Blue Jays beat the Boston Red Sox 2-1 in the regular-season finale on Sunday to claim the AL's top wild-card berth. "For it to come down to (Game) 162, and me being out there ... there was a lot at stake in that game. And it was in my hands."

Sanchez took a no-hitter into the seventh, and Troy Tulowitzki singled to break an eighth-inning tie. Roberto Osuna retired David Ortiz on a weak nubber in front of the plate on the final regular season at-bat of his career, and then got Jackie Bradley Jr. on a groundout with two on to finish the game.

The Blue Jays had a muted celebration on the field, then popped champagne in the visitor's clubhouse at Fenway Park.

"I'm (usually) straight-faced," Tulowitzki said. "But that was fun out there."

Toronto clinched a spot in the post-season when Detroit lost to Atlanta 1-0 earlier Sunday evening. With their win in Boston, the Blue Jays earned the right to host the Baltimore Orioles in a one-game playoff on Tuesday.

The Red Sox will start their AL Division Series against the Indians on Thursday in Cleveland.

"We've been able to win on the road and that's where our playoff journey begins," Boston manager John Farrell said.

Pitching with Jose Fernandez's initials on his hat in tribute to the Marlins pitcher who died last week, Sanchez held Boston hitless until Hanley Ramirez's disputed home run with two outs in the seventh. The ball sailed over the foul pole above the Green Monster.

Sanchez tried to wave the ball foul and then yelled to the umpire, "No way!" But the replay upheld the original call.

"For me, it looked foul," he said, but added that it didn't matter as long as the Blue Jays won.

Xander Bogaerts followed with a single — the only other hit allowed by Sanchez, who lowered his ERA to 3.00 and clinched the AL title. In all, Sanchez (15-2) allowed one run, walking two, striking out six and hitting a batter.

The Blue Jays took the lead back in the eighth against Brad Ziegler (2-4) when Tulowitzki singled with runners on first and third. Toronto's other run came on Devon Travis's solo homer in the fifth.

THE ASSOCIATED PRESS

Jose Bautista sprays Michael Saunders with champagne after the Blue Jays clinched a wild-card berth on Sunday in Boston.
MADDIE MEYER/GETTY IMAGES

SUNDAY In Boston

2	1
BLUE JAYS	RED SOX

RYDER CUP

U.S. back on top after rout

This wasn't about being maybe the best team ever assembled. The Americans were simply a team, and they finally won back the Ryder Cup.

Phil Mickelson led the Americans behind the scenes. Patrick Reed powered them with his passion on the golf course. And it was Ryan Moore, the final captain's pick who wasn't even on the team until a week ago Sunday, who delivered the cup-clinching point in the 17-11 victory at Hazeltine.

2008

The last time the U.S. had won the Ryder Cup.

Moore finished eagle-birdie-par for a 1-up victory over Lee Westwood, and the celebration was on.

"When put in the right environment, the U.S. team brought out some amazing golf," Mickelson said. "And we're bringing back the Ryder Cup because of it."

There was no meltdown like Medinah four years ago, when the Americans blew a 10-6 lead under captain Davis Love III.

Europe never really had a chance.

Reed outduelled and outshouted Rory McIlroy for a 1-up victory, and by then the back end of the scoreboard was filled with American red. THE ASSOCIATED PRESS

PREMIER LEAGUE

Tottenham hands Pep his first loss

Tottenham ended Pep Guardiola's perfect Premier League start with Manchester City with an impressive 2-0 victory on Sunday that left the London club as the only unbeaten side.

Following last season's title-challenge collapse, the Spurs are enjoying their best-ever start to a top-flight campaign.

City trailed for the first time in the league this season in calamitous circumstances when Aleksandar Kolarov diverted the ball into his own goal in the ninth minute.

Tottenham extended its lead when Dele Alli combined with Heung-Min Son before sweeping a shot past Claudio Bravo in the 37th minute. THE ASSOCIATED PRESS

SUNDAY In London

2	0
SPURS	CITY

IN BRIEF

Ricciardo wins, Rosberg builds lead in Kuala Lumpur

Daniel Ricciardo led a one-two finish for the Red Bull team at the Malaysian Grand Prix on Sunday while third-place finisher Nico Rosberg extended his Formula One championship lead after Mercedes teammate and title rival Lewis Hamilton suffered an engine failure while leading the race.

Rosberg is now 23 points clear in the standings.

Max Verstappen placed second. THE ASSOCIATED PRESS

Bills run over Patriots

Buffalo took advantage of sloppy, Tom Brady-less New England to hand the Patriots their first home shutout at Gillette Stadium, winning 16-0 Sunday.

It was the first loss of the season for New England (3-1), which was playing its final game before Brady returns from his four-game "Deflategate" suspension.

Tyrod Taylor connected with LeSean McCoy for a seven-yard touchdown pass for the Bills (2-2).

THE ASSOCIATED PRESS

NFL

Falcons' dynamic duo tame Panthers

Julio Jones GETTY IMAGES

Matt Ryan and Julio Jones brought down some team records — and the defending NFC champions.

Ryan shredded Carolina's defence, passing for a team-record 503 yards and four touchdowns, Jones had 12 receptions for a Falcons-record 300 yards, and Atlanta overwhelmed the struggling Panthers 48-33 on Sunday.

Carolina quarterback Cam Newton left the game in the fourth quarter after suffering a concussion. THE ASSOCIATED PRESS

RECIPE Chinese 5-Spice Chicken Tray Bake

PHOTO: LEILA ASHTARI

Ceri Marsh & Laura Keogh
For Metro Canada

This tray bake elicits an old-school parade of compliments from the family — kisses included.

Ready in 20 minutes
Prep time: 1 hour
Cook time: 20 minutes
Serves 4

Ingredients
- 3 Tbsp olive oil, plus extra for onions
- 4 - 5 garlic cloves, pressed
- 1 Tbsp rice vinegar
- 1 Tbsp brown sugar
- 1 tsp Chinese 5-spice
- 1/2 tsp salt
- 6 large skinless, boneless chicken thighs
- 2 onions, peeled and sliced
- 1 tsp fresh chopped cilantro

Directions

1. Combine olive oil, garlic, rice vinegar, brown sugar, 5-spice and salt in a large resealable plastic bag. Add chicken thighs; seal and coat chicken with sauce. Chill at least 1 hour or overnight.

2. Preheat oven to 400. Slice and coat onion in a bit of olive oil. Spray baking sheet with non-stick cooking spray. Scatter onion slices on baking sheet.

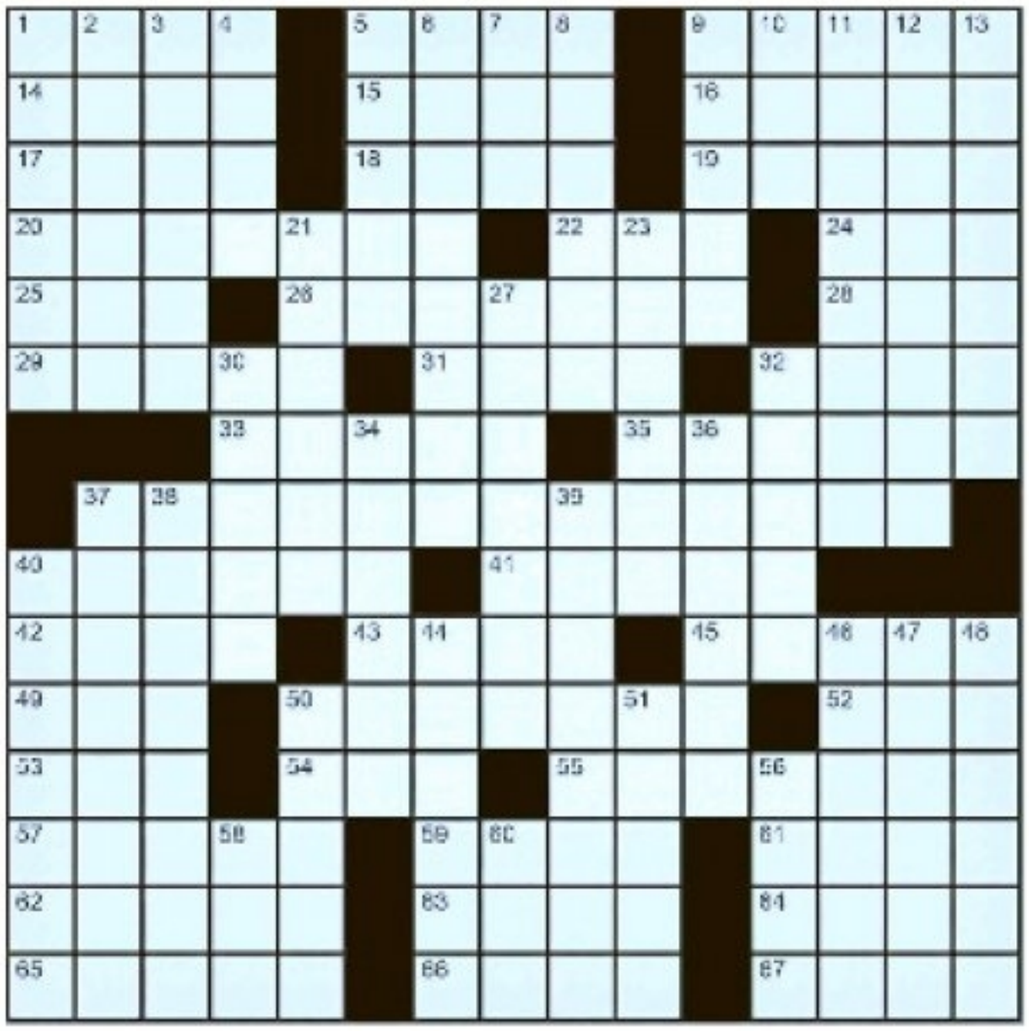
3. Remove chicken from refrigerator and arrange on top of onion. Roast until chicken is cooked through, about 20 minutes.

4. Remove tray from oven and let cool for a few minutes. Sprinkle chicken and onion with cilantro and serve warm.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Ben Affleck movie
5. From way off
9. Cry-ily complain
14. Gradually withdraw
15. Capital of Latvia
16. Macho guy
17. Border on
18. Army _ (Military kid)
19. Enter the data
20. Late Baroque: Ornate styles of the 18th-century
22. Suppositions
24. "R.O.C.K. in the _-_-_" by John Mellencamp
25. Expression for Homer Simpson
26. Gallery's draw
28. Agnus _ (Lamb of God)
29. After-showering mist
31. Five-star
32. Sharon of "Boston Public"
33. Myrrh, for example
35. Slopes
37. Montreal-born/Hamilton-raised rocker of platinum hit "Mama Let Him Play": 2 wds.
40. Dar es _ (Tanzania city)
41. Angry, in days of yore
42. Ed of "Daniel Boone"
43. Splotch
45. Do a professor's work
49. Peacock network
50. Newly minted word or phrase
52. Green Day drummer Mr. Cool
53. On the _ (Precisely punctual)
54. Supermodel Carol
55. Spiral-tusked Arctic whale
57. 'Parliament' suffix
59. Pare
61. Memorization method
62. TMZ.com founder Harvey
63. Loaf
64. Yahweh's 'yeah!'
65. "Did you _ _ keys anywhere? I still can't find them."
66. Pottery piece
67. Father, in Quebec

DOWN
1. Junos and CCMAs
2. Start the computer again
3. Unpolished/tactless
4. Particular preposition
5. Ann _, Michigan
6. Health crisis care: 2 wds.
7. Classic range cooker company
8. Conserve the food
9. Eggs-whipping gadget
10. Female octopus
11. Insolent
12. Cause the stomach to be upset
13. Necessitates
21. Photographer's tool
23. Wet plaster mural
27. VictoriousOhVictorious! Community of northeastern British Columbia
30. Tapestry wall†hanging
32. Workshop machine
34. Icon
36. "The _" by The Box Tops
37. Boisterous country festivity
38. Not compulsory, as some surgery
39. Citify
40. Tropical resort footwear
44. Small
46. Not away from one's abode: 2 wds.
47. Volcano opening
48. La Belle _ (1864 comic operetta by Jacques Offenbach)
50. Astute/shrewd
51. Nintendo enthusiast
56. Shawl
58. Point
60. Uncooked

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Remember to learn whatever you can so that you are performance-ready for a career peak in 2018. Whatever you do now will pay off then.

Taurus April 21 - May 21
Many of you are forced to rely on your own resources now. You can do this! Furthermore, this will strengthen you for a career peak four years from now.

Gemini May 22 - June 21
This is a fun-loving, playful time for you. Nevertheless, your relations with spouses, partners and close friends will be tested in the next year.

Cancer June 22 - July 23
Continue to work hard at your job even though you might feel overwhelmed. You can handle what you must do. You will get recognition for this in 2018.

Leo July 24 - Aug. 23
This is a busy time for you. Enjoy schmoozing with others. Likewise, enjoy redecorating where you live and entertaining at home.

Virgo Aug. 24 - Sept. 23
One reason you want to boost your income now is you are doing everything you can to secure your home and make it a safe refuge for your family. Focus on repairs and home improvements.

Libra Sept. 24 - Oct. 23
This is a powerful time for you. Be aware that many of you will have a change of residence or job during the coming year.

Scorpio Oct. 24 - Nov. 22
For the next month, your ability to convince others is amazing. Use this to your advantage, especially if you write, sell, market, teach or act.

Sagittarius Nov. 23 - Dec. 21
For a year now, you have been sailing in a new direction after having given up so much during 2012-2015. You are on a path to define the new you!

Capricorn Dec. 22 - Jan. 20
This continues to be a time of downsizing and letting go of what is no longer relevant in your life. This month, friends are supportive to you. Use their help if necessary.

Aquarius Jan. 21 - Feb. 19
Matters related to inheritances and shared property will go forward with more clarity now. If you need help from bosses, parents and VIPs, ask for it.

Pisces
Feb. 20 - March 20
This is a time of harvest for your sign. You see now what is working and what is not. If possible, reward yourself with some fun travel, because you deserve it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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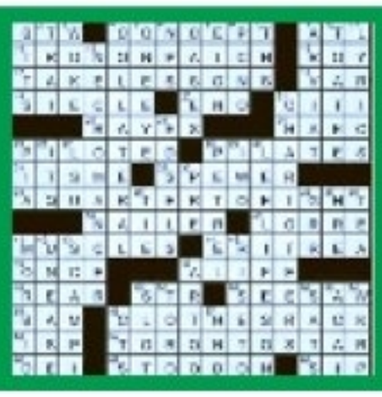
FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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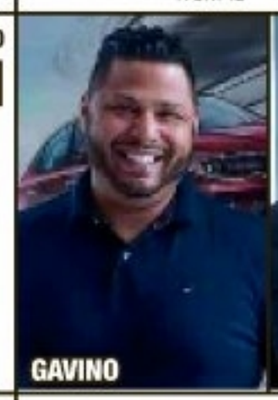

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